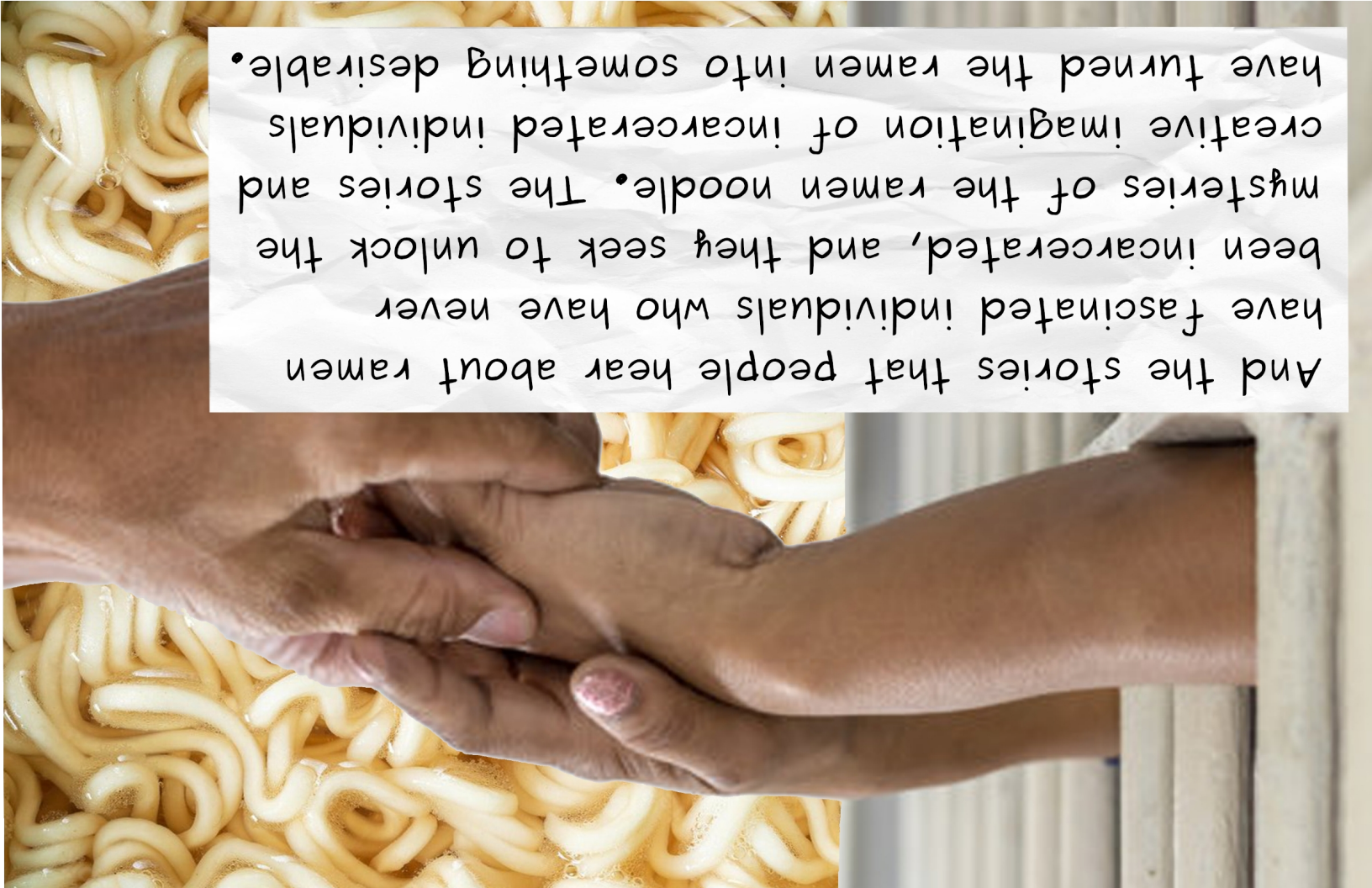


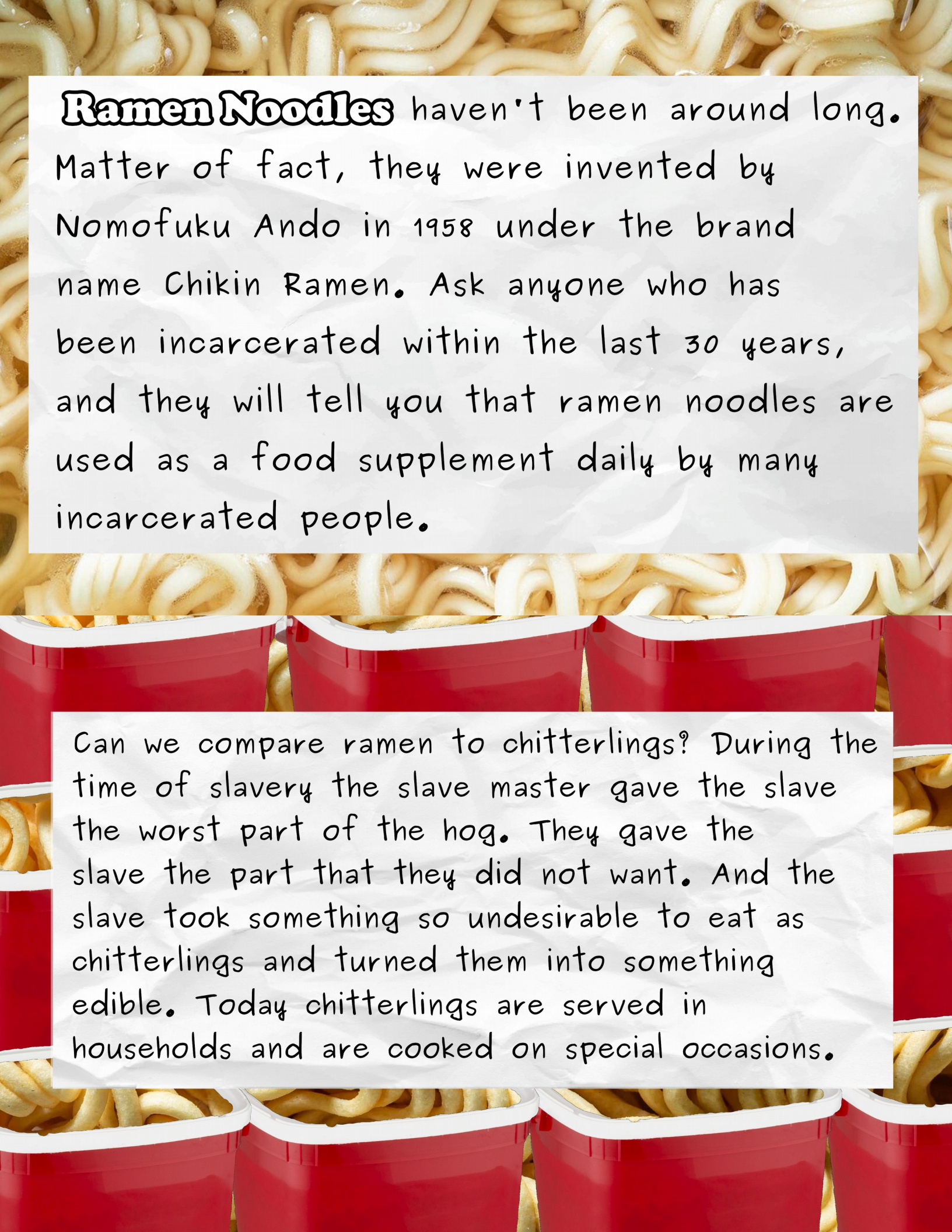


Ramen Noodle
of the

Mysteries

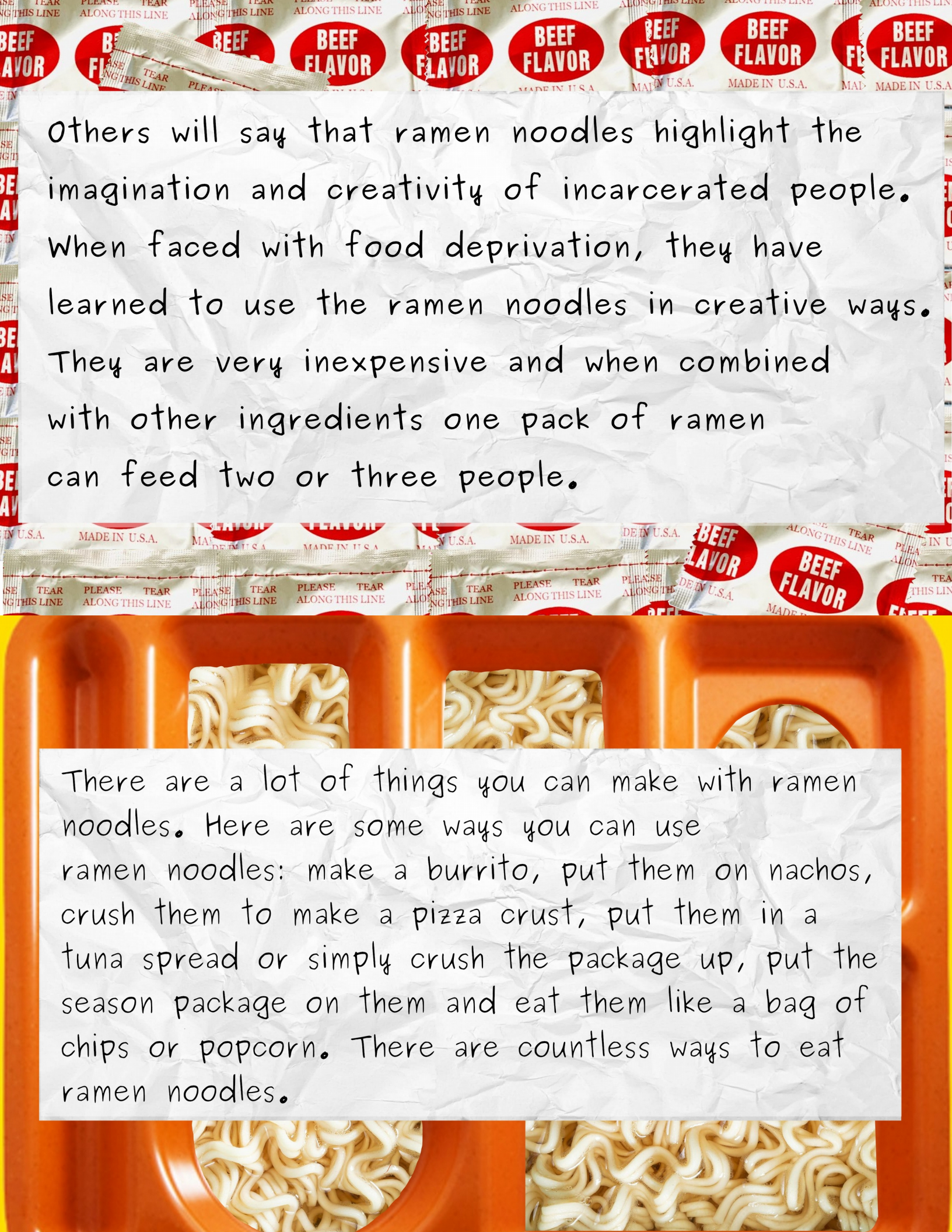
And the stories that people hear about ramen have fascinated individuals who have never been incarcerated, and they seek to unlock the mysteries of the ramen noodle. The stories and creative imagination of incarcerated individuals have turned the ramen into something desirable.



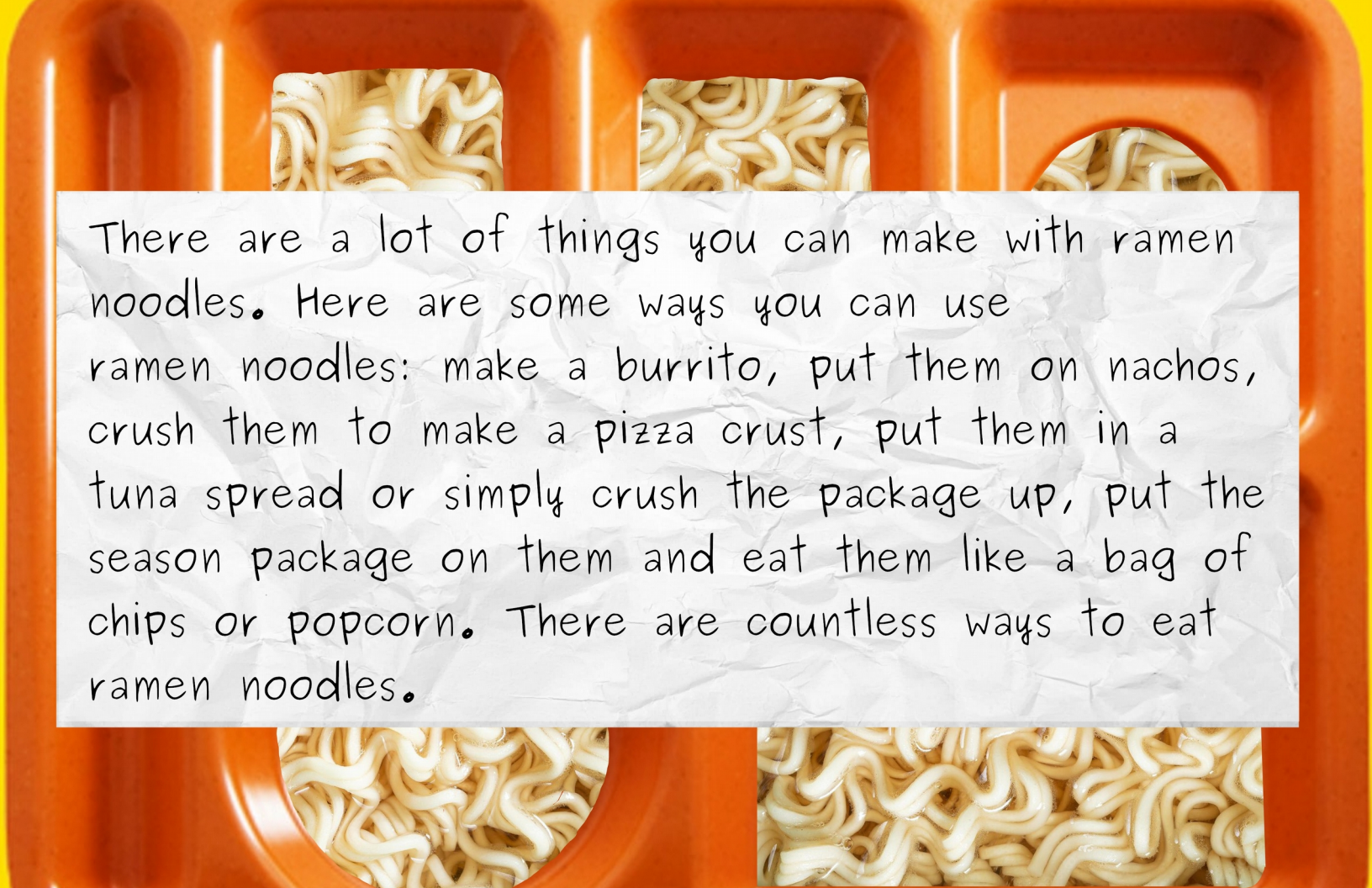


Ramen Noodles haven't been around long. Matter of fact, they were invented by Nomofuku Ando in 1958 under the brand name Chikin Ramen. Ask anyone who has been incarcerated within the last 30 years, and they will tell you that ramen noodles are used as a food supplement daily by many incarcerated people.

Can we compare ramen to chitterlings? During the time of slavery the slave master gave the slave the worst part of the hog. They gave the slave the part that they did not want. And the slave took something so undesirable to eat as chitterlings and turned them into something edible. Today chitterlings are served in households and are cooked on special occasions.



Others will say that ramen noodles highlight the imagination and creativity of incarcerated people. When faced with food deprivation, they have learned to use the ramen noodles in creative ways. They are very inexpensive and when combined with other ingredients one pack of ramen can feed two or three people.



There are a lot of things you can make with ramen noodles. Here are some ways you can use ramen noodles: make a burrito, put them on nachos, crush them to make a pizza crust, put them in a tuna spread or simply crush the package up, put the season package on them and eat them like a bag of chips or popcorn. There are countless ways to eat ramen noodles.

How do prisoners feel about ramen noodles? It depends on who you ask. Some will tell you that ramen noodles have connotations that represent oppression. It's something that incarcerated people eat not because they want to but because it helps them survive. They will also say that it only highlights the standard meals that the institution provides.

However, some look at ramen noodles as a food of oppression because incarcerated individuals are being forced to eat inferior quality food because they are not being provided with proper nourishment by the administration. Some even question whether it is healthy to eat ramen daily for long periods of time. Some eat ramen noodles daily for the entirety of their incarceration.